LIFESTYLES

HAWAII MARINE B SECTION SEPTEMBER 28, 2007

Tara your



A Paradise Flyers Radio Control Club member uses a radio control to fly his model airplane Sept. 23 at West Field here. The controls replicate that of a real aircraft where moving the control stick up makes the plane go down and moving it down makes it go up.

Paradise Flyers Club gives service members opportunity to fly

Story and Photos by Cpl. Chadwick deBree

Combat Correspondent

An F-22 Raptor's engines start up and it makes its way to the runway to prepare for take off. The engines roar and the aircraft screams by as it becomes airborne.

This is not the scene at an Air Force base where Raptors are based, but rather here at West Field. And, the Raptor is not a live one — it's just a model.

The Paradise Flyers Radio Control Club gathers at West Field every Sunday to fly their Raptors, along with a vast array of model airplanes.

"This is the biggest number of turbo jet pilots in one club in the whole United States," said Mike Youngling, club president. "We have around 18 guys who are certified to fly these things."

Club members gather from around the island to show their skills at handling their models in the air. Approximately 65 percent of the Paradise Flyers are military, including active duty, retirees, and Department of Defense employees, said Peter Davidson, club vice president and founder.

"I founded this club 10 years ago in order to give the guys on this base new talent and things to do on their weekends," Davidson said. "We have taught hundreds of guys over the years to fly and it's a very entertaining hobby."

Davidson said he began the club while working at Firestone when a couple of his coworkers, who were former Sailors, were talking about flying model planes. From there, Davidson approached the base commander and operations to see if they could fly on base. Everybody agreed to allow them to meet here, and his passion for flying was sparked once again.

"I fell in love with these things a long time ago," he said. "I was sitting on a lake in Washington and I was watching this plane land on the water. I then realized that it was a radiocontrolled airplane and it was all down hill from there. It's an addicting hobby. You start out with one thing and then you get another that's bigger, faster and better."

Youngling took his high school love for flying model airplanes a step farther.

"I think the models are the thing that got me interested in joining the military," the Air Force major said. "They're the reason why I became an Air Force aviator. These models teach you a lot of things that carried over for me such as aerodynamics, dynamics and humility when you crash."

Paradise Flyers Club members are showing their talent next month during the Blues on the Bay air show, where they will fly their models for spectators everday before and after the show.

"We're excited and anxious to support the show and the base since they've been so gracious to host our club," Youngling said.

The club offers an instructor who teaches people interested in flying the models free of charge every Sunday.

"It was cool but it takes a while to get a hang of it," said Trevor Vanderpool, a student learning to fly the models. "Down is up, up is down. It just takes getting used to in order to really learn to fly these planes."

Both Youngling and Davidson hope that more people begin to show up to fly with their club.

"The purpose of this club is to give the guys on base something to do and to teach them a new hobby," Davidson said. "This club is for them and anyone else who is interested in flying. It's free to join and free to learn to fly these aircraft."

Youngling also said the Hawaiian weather should be another reason people should want to come out and fly with them.

"Hawaii is an awesome place to fly," he said.
"It's not like the mainland where you can only
fly five months out of the year because of winter.
Here you can fly throughout the year and there
are people that are really jealous of us because we
can do that. If anyone is interested they can just
show up here on Sunday. We welcome anyone of
every age to come out an fly with us."

For more information on the Paradise Flyers Radio Control Club, contact Davidson at 371-7352.



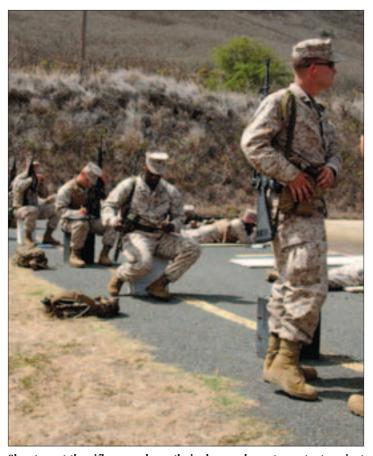
Club member Bill Derego flies his model F-22 Raptor, Sept. 23, at West Field here. Derego performed various tricks while flying his model, including loops, flybys and even hovering, a feature real Raptors are capable of.



Paradise Flyers Radio Control Club president, Mike Youngling, helps club member Bill



A fleet of model airplanes sit on the runway of West Field, Sept. 23, where Paradise Flyers Radio Control Club members fly their aircraft every Sunday. The club offers a free instructor who teaches anyone who is interested in flying the models.



Shooters at the rifle range keep their sleeves down to protect against heat and sparks from rifle firing. Gunnery Sgt. Brian Harris, staff noncommissioned-officer-in-charge, Rifle Training Range, said wearing his uniform sleeves down isn't uncomfortable for him in the



Range staff members prevent exhaustion by staying well hydrated. Maintaining good physical fitness contributes to increasing tolerance to high levels of heat, said Seaman Luke Cournoyer, corpsman, RTF.

Combat heat stress on the job

Story and Photos by **Christine Cabalo**

Photojournalist

Hawaii may not have the hottest climate, but its continually sunny weather keeps Marines and Sailors on the alert for heat exhaustion.

Service members are fighting heat stress by protecting against its effects while training and carrying out their daily missions.

Sergeant Adam Harmon, forecaster, Meteorology and Oceanography, said he reminds himself to hydrate more often in Hawaii than his previous duty stations.

While stationed in South Carolina, Harmon said he experienced high temperatures reach more than 100 degrees. The forecaster said Hawaii's climate, which averages temperature in the 70-80 degree range, is additionally less humid. Harmon's department daily determines what level of training is safe, and lets other units know what color-coded flag to fly displaying the level. A black flag indicates weather conditions are harshly hot with temperatures at X, making training potentially lethal. He said base personnel should still be

on guard against the heat even if black flag levels are rare in Hawaii.

"The biggest thing is to stay hydrated," he said. "Have water with you during your mission. Stay hydrated, and keep your cover on. Safely completing the mission is the most important thing. In some cases you need to go out during the black

Staff members at the Rifle Training Facility here constantly check shooters to ensure they can manage the heat while firing. Gunnery Sgt. Brian Harris, staff noncommissioned officer-in-charge, RTF, works in the direct sunlight and wears a boonie cover as well as rolls his sleeves down.

"It actually used to be much hotter in the green camouflage uniform," Harris said. "The switch to the desert digitals was great because they're made for summer. I'm not actually sweating too much wearing my sleeves down."

In addition to protecting against firing burns, Harris said wearing his sleeves down gives his arms a barrier that prevents sunburn. With minimal cloud cover and no shade at the range, the gunnery sergeant said he always briefs shooters about potential heat illnesses. Shooters are encouraged to bring their own water or drink from water stations to stay cool. Coaches and other monitors ensure everyone is well hydrated by testing shooters awareness while they

Harris said sun exposure is most severe in the afternoon, and shooters have some shade from their targets because of the sun's low position.

"We have civilian medics and corpsmen standing by who can administer an IV," he said.

Applying strong sunscreen is also essential, said Seaman Luke Cournoyer, medical corpsman, RTF. If others see him using sun protection, the corpsman said they're more likely to follow his example.

Cournoyer said he checks for personal complaints, reduced mental awareness and high body temperatures while shooters are in the sun. The seaman said sun exposure effects are lessened in other ways than just proper sunscreen and hydration.

"Physical fitness is huge," the corpsman said. "All the shooters are in great shape, and their bodies better handle (the heat). You can generally build yourself up to it by staying fit."

Symptoms, treatment for heat illnesses

The Federal Emergency Management Agency's Web site suggests the following treatments for severe heat illnesses:

Sunburn

Skin redness and pain, possible swelling, blisters, fever, headaches. **Treatment**

Take a shower using soap to remove oils that may block pores, pre-

venting the body from cooling naturally. Apply dry, sterile dressings to any blisters, and get medical attention.

Heavy sweating, painful spasms, usually in leg and abdominal muscles.

Treatment

Get the victim to a cooler location. Lightly stretch and gently massage affected muscles to relieve spasms. Give sips of up to a half glass of cool water every 15 minutes. Avoid liquids with caffeine or alcohol, which causes dehydration. Discontinue liquids, if victim is nauseated.

Heavy sweating but skin may be cool, pale, or flushed. Weak pulse. Normal body temperature is possible, but temperature will likely rise. Fainting or dizziness, nausea, vomiting, exhaustion, and headaches are possible.

Treatment

Get victim to lie down in a cool place, and loosen or remove clothing. Apply cool, wet clothes. Fan or move victim to air-conditioned place. Give sips of water if victim is conscious. Be sure water is consumed slowly. Give half glass of cool water every 15 minutes. Discontinue water if victim is nauseated. Seek immediate medical attention if vomiting occurs.

Children discover Hispanic culture through storytime

Story and Photo by Lance Cpl. Brian A. Marion

Combat Correspondent

Children celebrated Hispanic heritage through story-time and crafts at the Base Library Sept. 22 in one of the events scheduled for Hispanic Heritage Month.

The library hosted the story-time session to help introduce children to the Hispanic cul-

"We celebrate different cultures throughout the year, and Sept. 15 to Oct. 15 is Hispanic Heritage Month," said Merri Fernandez, program coordinator and library technician here.

The function started off with Fernandez reading a few Hispanic-themed books to the children, followed by an arts and crafts session where they made noisemakers and decorative bags for candy from a pinata.

The children decorated the bags using various strips of paper to make handles and side art

for their bags, and they also had a small picture of "Dora the Explorer" to place on their bag.

They then made their noisemakers using two small paper plates, different color streamers, some dried beans and some paper decorated with Mayan designs.

After they finished their bags and noisemakers, Fernandez hoisted a pinata up, and the kids flocked underneath waiting for candy to fall. They pulled the streamers underneath and candy poured from the opening.

"This is my second year doing this and I absolutely love it," Fernandez said. "We usually have around 40 kids come these functions. Usually we have children who don't speak the language attend, but we were fortunate in having some here today that do speak Spanish. We try to get the children involved, and we try to make it as fun as possible."

The next event for Hispanic Heritage Month is a luncheon at Anderson Hall, Oct. 4 from 11:00 a.m. to 1:00 p.m.



Merri Fernandez, program coordinator and library technician, reads to a group of children for Hispanic Heritage Month. Along with listening to books, they also created noisemakers, bags with carrying handles and gathered candy from a pinata.

Blues on the Bay
Air Show October 3-14 2007 With Blue Angels ICBH, Kaneohe Bay

Movie Time=

Prices: Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 for children.

For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer wanding, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

Stardust (PG-13) Hot Rod (PG-13) Rush Hour 3 (PG-13) The Bourne Ultimatum (PG-13) Daddy Day Camp (PG) Hot Rod (PG-13) The Bourne Ultimatum (PG-13) Daddy Day Camp (PG) Rush Hour 3 (PG-13)

Today at 7:15 p.m. Today at 9:45 p.m. Saturday at 7:15 p.m. Saturday at 9:45 p.m. Sunday at 2 p.m. Sunday at 6:30 p.m. Wednesday at 6:30 p.m. Friday at 7:15 p.m. Friday at 9:45 p.m.

Book review: 'Make Love! The Bruce Campbell Way'



Cpl. Chadwick deBree

Combat Correspondent

One day I was walking through a local bookstore and noticed a book with Bruce Campbell in a smoking jacket on, sitting in a lounge chair next to a fire-

I consider myself a fan of Campbell, an actor who stars in a wide array of Bmovies including the "Evil Dead" trilogy. There is something about his humor, antics and sarcasm that makes me want to be just like him. I knew I had to buy it because hilarity most likely waited within the pages.

On the back of the book, Campbell describes this book as an "autobiographical novel" and that "everything in the book happened, except the stuff that didn't."

book follows Campbell trying to write a travel book. During the negotiation stages of publishing the book, he receives a call from his acting agent and lands a role in an A-movie with Richard Gere and Rene Zellweger.

From there he travels across the country to research his role so his Bmovie acting skills don't shine.

He researches the role of a doorman, but even after his extensive research, his B-movie acting skills are dominant.

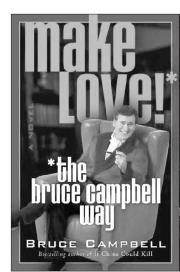
This was a clever, funny book, one that makes it seem though the reader is not reading a book, but watching one of Campbell's

If you have ever watched any of Campbell's movies you probably noticed a lot of one liners that made you laugh until you cried, and repeated them over and over; the same goes for this

Whether it's Campbell describing how landing a job in Hollywood works or giving Richard Gere pointers on picking up women, Campbell comes off as smart and witty.

Though this is no classic novel, it is worth the read if you want to sit back and enjoy a good read and

This is a book people should read when they have the time to relax and get a kick out of life. It also helps you learn how the movie business works - although in a satirical way.



Movie review: 'Halloween'

Cpl. Chadwick deBree

Combat Correspondent

Editor's note: Hawaii Marine's combat correspondents provide readers with in-depth reviews and unbiased ratings of films currently in theaters or past releases and classics.

The rating system requires some explanation before you get

If the film is currently available for rent or purchase it will be assigned a certain number of "microwaves" on a scale of one to five to rate its "reheat factor."

If the film is in theaters, it will be assigned a certain number of service stripes on a scale from one to five.

In other words, the more microwaves or service stripes the film receives, the better and more entertaining it is to watch.



Rating: 4 out of 5 service stripes

The Halloween holiday has been celebrated for centuries with people dressing up and children going door-to-door trick or treating, giggling as they run away from the house with their new goodies.

This is not the scene depicted in the slasher movie series by the same name of the holiday, "Halloween."

In the 2007 remake directed by Rob Zombie, Michael Myers is darker, scarier and

The movie begins with tion, viewers can't help but

Myers' childhood in a dysfunctional family, where he kills small animals and ultimately works his way to humans. He's later admitted into a psychiatric hospital, at which point the movie gets it's viewers inside the head of Hollywood's most famous masked knife carrying mur-

In the beginning of the film, viewers gain a glimpse inside the Myers family. Michael deals with his sister calling him a "freak" and his mom's boyfriend calling him fruity. The only saviors of sanity in his house come in the form of his mother and innocent baby sister, Laurie.

This movie is packed with a lot of special effects, and some scenes will make your stom-

Rob Zombie did a great job at recreating this classic film. He followed the story line of the original and virtually left the story untouched. The only complaint I had during the movie was when one of the victims used a cell phone to call her friend. If this movie was supposed to take place in the late seventies or early eighties, how did she have a cell phone?

Zombie creates an emotional tie between the viewers and Michael. Watching this little boy grow up, and I mean really grow, in a dysfunctional family, and then later grow up in solitude in a mental institufeel pitty for Michael.

Scout Taylor-Compton did a great job in her first major motion picture playing the lead role of Laurie Strode, though most of her dialogue was screaming; but her screaming puts Jamie Lee Curtis to shame.

This is the first film that I have seen Sheri Moon Zombie play someone emotionally scarred, rather than scarring other people. She plays Deborah Myers, mother of Michael. Viewers witness how she is the sole provider for the family and the emotional trauma she goes through when all these events unravel and while dealing with her

This was a great movie and any fan of the "Halloween" series will not be disappointed. It takes the original and builds on it, which is why I give it four out of five service



Marine Corps Base Hawaii Command Religious Program

Updated: September 25, 2007

RECURRING RELIGIOUS MINISTRIES ACTIVITIES

RELIGIOUS SUPPORT

Roman Catholic (MCBH Chapel)

Daily Mass Tuesday-Friday 11:45 a.m. 9:30 a.m. **Sunday Mass** Sunday Sailor-Marine Mass Sunday 5 p.m.

Protestant (MCBH Chapel)

Liturgical Service Sunday 8 a.m. Contemporary Service Sunday 11 a.m.

The Church of Jesus Christ of Latter-day Saints

POC is Chaplain Daniel Whitaker at MCBH Chapel, 257-1501/216-0156

Aloha Jewish Chapel Pearl Harbor (Bldg. 708) located across from Makalapa Medical Clinic POC is Mr. Daniel Bender, 523-4814

> Jewish Bible Study 6:30 p.m. Monday Kabbalat Shabbat Friday 7:30 p.m. Shabbat Morning Services Saturday 8:15 p.m.

> > Wiccan Fellowship

Contact Chapel for more information

Islam

Main Post Chapel, Schofield Barracks (Bldg. 791) POC SSgt Abdelwahed, 624-3325

(Jumah) Prayer

Friday

1 p.m.

Base pool available all year for parties, activities

Marine Corps Community Services Marketing

One of the greatest things about Marine Corps Base Hawaii is year-'round swimming. Even better, you can throw pool parties all year.

Marine Corps Community Services Aquatics hosts private pool parties at K-Bay's main pool, the Camp Smith pool and the Manana Housing

Tuesdays through Fridays, weekends and holidays, MCCS Aquatics invites you to party "your way" at one of the base pools.

"Pool parties are great for birthdays, youth teams ceremonies, even family get-togethers," said Dino Leonard, MCCS Aquatics Assistant

Each party package includes a tented area, picnic tables and a barbeque grill. The Base Pool has a water slide, diving boards and a kiddie pool for the peewee party folk.

"The pricing is very affordable, and the locations are all convenient." Leonard said. "All it takes is a call."

To set up a date for your pool party, call MCCS Athletics at 254-7655. You can also schedule swim lessons, or get more information on upcoming events.



File photo

Join the U.S. Navy's worldfamous Blue Angels, as they control the skies at the "Blues on the Bay" Marine Corps-Navy Airshow, scheduled for Saturday and Sunday October 13-14.

Watch the Blue Angels as they celebrate 20 years of performances with the F/A-18 Homet, in their fourplane Diamond Formation, the fast-paced, high-performthe pinnacle of precision flying, the renowned six-jet



Supporting Acts

The U.S. Navy Parachute Team is a fifteen-man team comprised entirely of U.S. Navy SEAL and

The Leap Frogs are renowned for exciting and complex formations such as downplanes, sideplanes, dragplanes, diamonds, big stacks, tri-by-sides, and T-formations.



Army Golden Knights (above)



Patty Wagstaff jabo A six-time member of the US

Aerobatic Team, Patty has won the gold, silver and bronze medals in Olympic-level international aerobatic competition and is the first woman to win the title of US National Aerobatic champion and one of the few people to win it three times.



Sport Flying Championships and has been featured in such televion programa as Modern Marvels, Ripley's Believe it or Not, The Discovery Channel, CBS news,

Greg Poe (belov

FOX sports, ESPN and others.

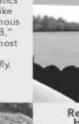


Civilian Performer:

Tim Weber (left) His aggressive flying and natural ability have enabled him to become one of the top airshow performers in the United States today. Incorporating his love of nusic, Weber writes and performs original songs and instrumentals for his performances.



Mike Wiskus (above) Join competition aerobatics pilot and performer, Mike Wiskus, as he flys his famous 'Lucus Oil Pitts S-1-11B," Aviat Aircraft Factory's most modified, highest performance plane to fly.



Red Bull BO-105 Helicopter

Jill Long (below)

Flying since she was 16, Jill "RAGGZ" Long has served two combat tours and has more than

50 combat missions over

Afghanistan; receiving both the Air Medal and the Aerial

Achievement Medal. She is

currently an instructor pilot at Euro-NATO Joint Jet Pilot train-

ing at Shepard Air Force Base





F-15 Flight

(HANG)

Demonstration





SPOTLIGHT ON BASE

Vegetable stir fry

Banana cream pie

Lime/rasberry gelatin

Oatmeal chocolate chip cookies

Carrot cake w/cream cheese frosting

Vanilla/chocolate cream pudding

Specialty bar: Hot dog & sausage

Steak smothered w/onions

Baked macaroni and cheese

Southern style green beans

Southern fried catfish

Desserts: same as lunch

Mashed potatoes

Fried okra

Brown gravy

Thursday

Lunch

Pernil

Tamales

Burritos

Enchilladas

Peach pie

frosting

Ceviche

Arroz con pollo

Black Beans w/rice

Arroz con gandules

Chewy nut bars

Refried beans w/cheese

Cheesecake w/blueberry topping

White cake with mocha cream

Vanilla/chocolate cream pudding

Orange/strawberry gelatin

Specialty bar: country bar

Braised liver w/onions

Honey ginger chicken

Grilled cheese sandwich

Boiled egg noodles

Lyonnaise carrots

Club spinach

Chicken gravy

Chili macaroni

Rice pilaf

Corn o'brien

Dinner

ON THE MENU.

AT ANDERSON HALL

Friday

Lunch

Pepper steak

Southern fried catfish

Rice pilaf

Potatoes au gratin

Glazed carrots

Simmered black-eyed peas

Cream gravy

Lemon chiffon pie

Chocolate chip cookies

Marble cake w/chocolate frosting

Vanilla/chocolate cream pudding

Dinner
Roast turkey
Beef pot pie
Mashed potatoes
Buttered egg noodles
Calico corn
Simmered broccoli
Savory bread dressing
Turkey gravy

Lime/raspberry gelatin

Specialty bar: Deli

Cranberry sauce

Desserts: Same as lunch

Saturday Dinner

Baked lasagna Chicken parmesan Spaghetti noodles Marinara sauce Italian mixed vegetables

Simmered peas and carrots
Garlic bread
Cherry pie
Ginger molasses cookies

Butter cream frosting Vanilla cream pudding Chocolate cream pudding Strawberry gelatin

Lemon gelatin

Sunday

Spice cake

Dinner
Barbecue beef cubes
Baked turkey and noodles
Steamed rice
Creole green beans
Simmered cabbage
Chicken gravy
Sweet potato pie
Chocolate chip cookies
Yellow cake
Chocolate chip frosting
Vanilla cream pudding
Chocolate cream pudding
Cherry gelatin

Monday Lunch

Meat loaf Pork ham roast

Orange gelatin

Tossed green rice
Mashed potatoes
Peas and mushrooms
French fried cauliflower
Brown gravy
Boston cream pie
Peanut butter cookies
Peanut butter cake

Peanut butter cream frosting Vanilla/chocolate cream pudding Lime/raspberry gelatin Specialty bar: Pasta

Dinner
Beef brogul
Baked cajun salmon steaks
Potatoes o'brian
Noodles jefferson
Club spinach
Mixed vegetables
Brown gravy
Desserts: same as lunch

Tuesday Lunch Simmered corned beef w/apple glaze Honey glazed cornish hens Parsley buttered potatoes Rice pilaf Fried cabbage w/bacon Simmered carrots Chicken gravy Mustard sauce Blueberry pie Oatmeal cookies Strawberry shortcake Vanilla/chocolate cream pudding Cherry/strawberry parfait Specialty bar: Taco

Dinner
Baked tuna & noodles
Sweet & sour pork
Pork fried rice
Steamed rice
Simmered broccoli
Simmered pinto beans
Turkey gravy
Chow mein noodles
Desserts: same as lunch

Desserts: same as lunch

Wednesday

Lunch

Five spice chicken

Beef yakisoba

Blues on the Bay Air Show Needs
Volunteers
Shrimp fried rice

Marine Corps Community Services needs volunteers Oct. 13 and/or 14 at the Blues on the Bay air show. Volunteers will work with food and beverages in seven-hour shifts, and volunteers have their choice of which shift they'll work. The shifts are 8:30 a.m. to 3:30 p.m. and 10 a.m. to 5 p.m., both days.

WORD TO PASS

Volunteers get a free t-shirt, hat, souvenir coin, meal and a letter of appreciation.

For more information or to sign up, call 254-7639.

Enjoy an Evening of 'Wines in Paradise'

The Officers' Spouses Club fall fundraiser is a wine tasting at the Paul Mitchell Estate. The event is open to everyone, and there are still tickets available for the first session, from 4 to 6:15 p.m.

No private vehicles are allowed in the neighborhood for this event, so the club is providing a shuttle from Lanikai Elementary to the site. Parking at the school is limited, so the club is recommending carpooling.

Wines are being provided by Kalapawai Market and Café, and there will be pupus from Christian Schneider's "Cater to Me," as well as a cigar bar.

For more information, call Chrisite Minaldi at 261-2719.

5th Anniversary Party & Bosses Night at Kahuna's

Come celebrate the 5th anniversary of Kahuna's Bar & Grill, with free food, music and prizes tonight. The party is open to all E-5s and below as well as sponsored guests. Sponsored E-6s and above in the uniform of the day can stay until 6:30 p.m.

For more information, call Alexis Swenson at 254-7610.

Base Library's 'Big Read'

The Big Read at the Base Library presents "The Joy Luck Club" Oct. 1-31. The event, sponsored by the National Endowment for the Arts and the Hawaii Council for the Humanities, is open to all military, sponsored guests and DoD employees.

For more information, call Merri Fernandez at 254-7624.

Blue Angels to Perform

The Blue Angels are performing here at the 2007 Kaneohe Marine Corps-Navy Air Show "Blues on the Bay," Oct. 13-14. The U.S. Navy's Blue Angels Flight Demonstration Squadron will perform with other military and civilian aviation acts. Service members and their family members can catch the show early Oct. 12 for "Military Day."

For more information, call 371-2804 or visit http://www.mcbh.usmc.mil/Airshow/.

MARINE MAKEPONO HAWAHAN FOR "MARINE BARGAINS"

AUTOS

2005 BMW 330CIC convert-

ible. 16K miles, tan/sanora, tan leather interior, excellent condition, full warranty until 2009, premium package, navigation, xenon lights, \$39,950. Call 257-8835.

2001 BMW 530i. 65K miles, a/c, leather interior, power, lots of extras. \$12,500 OBO. Call 779-5930.

2001 Chevrolet Cavalier. 95K miles, good running condition, big sound system. Call 561-2974.

WANTED

House cleaner. Needed approximately one day per week for home on base. \$15 per hour. Call 284-5338.

FOR RENT

Studio apartment. Large, paid utilities, free satellite t.v. and wireless internet, security system, free parking, fenced yard, deck. Minutes from Windward Mall. Available Oct. 4. \$1,500 per month. Call 392-6059.

FREE

Cat. Grey and white striped, 5-year-old female, spayed, uses litter box, loves children, gets along with dogs. Leaving island. Call 561-2974.

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.

Ads are free and will appear in two issues of Hawaii Marine, on a space-available basis.

Those interested in advertising must bring a valid DoD-issued ID to the Hawaii Marine Office.

Makepono may be used only for noncommercial classified ads containing items of personal property.

Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office located in Building 216, room 19, aboard Marine Corps Base, Kaneohe Bay.





Sergeant returns to Iraq as platoon sergeant

Story and Photo by Cpl. Rick Nelson

2nd Marine Division

HADITHAH, Iraq — Everyone has their own reasons for joining the Marine Corps, whether it's for college money or simply for the pride of earning the title United States Marine.

After hopes of being a sports broadcaster fell through, Sgt. Michael I. Mitchell, platoon sergeant, 1st Platoon, Company B, Task Force 1st Battalion, 3rd Marine Regiment, Regimental Combat Team 2, decided the Corps was the place for him.

"When I spoke with the recruiter, the only job I wanted to do in the Marine Corps was infantry," said Mitchell, an Orange County, Calif., native. "I figured there would be no other reason to join if I wasn't going to be a grunt."

Mitchell explained how his father tried to persuade him to become an officer due to his military background.

"My father was a naval officer, so of course he wanted me to follow in his footsteps," Mitchell said. "My mother, on the other hand, didn't want me to join at all, due to what was going on in Iraq at that time."

During September 2003 Mitchell reported for recruit training at Marine Corps Recruit Depot San Diego.

"My first thought in boot camp was 'this was the worst idea ever,'" 24-year-old Mitchell said. "I was really homesick, and for the first time in my life I couldn't go home whenever I wanted."

After enduring 13 weeks of boot camp, Mitchell reported for training at the School of Infantry at Camp Pendleton, Calif., and upon completion, checked into 1st Bn., 3rd Marines, where he was assigned to Bravo Co.

"When I first got to the company, I thought all the Marines were hard-chargers," Mitchell explained. "The senior and junior Marines seemed to have a love/hate relationship, but we all had tons of respect for the senior."

After training with the company for five months, Mitchell's "When I first decided I was a second to the previous deployments."

unit deployed with the 31st Marine Expeditionary Unit.

"We were supposed to be conducting training in Australia and other places, but that changed quickly as we found out we were being sent to Iraq," he said. "When we landed there, a lot of us were actually happy to be in Iraq."

Upon arrival in Iraq, Marines from the company conducted operations on the outskirts of Fallujah, where minimal hostile actions occurred. Mitchell's thoughts of a peaceful Fallujah were soon put to rest as his fire team entered the city.

"As soon as we stepped into Fallujah, rounds were going over our heads and we thought we were all going to die," Mitchell said.

He went on to describe his first steps into Fallujah and how they reminded him of the first steps taken by the soldiers as they stormed the beaches of Normandy in the movie "Saving Private Ryan."

"We took our first casualty on Nov. 12, and it was a real eye opener," he said. "Now that it's over, the only thing I can say is that I'm thankful I made it out alive."

After returning from Iraq, Mitchell was soon deployed again to Afghanistan in support of Operation Enduring Freedom.

"Afghanistan was a lot different than Iraq," Mitchell said. "Instead of the desert, we were rolling around the mountains. I was a team leader and my company had a lot of trust in me, so we would often patrol with just myself and four other Marines."

Mitchell said he enjoyed his experience in Afghanistan, but was ready to return home and relax.

"I originally planned on getting out after the Afghanistan deployment, but I had no plans for once I got out, so I decided to extend and go on the next deployment," Mitchell said.

Mitchell explained that his decision to extend for another deployment to Iraq was hard on his family, but they were more comfortable than

"When I first decided I was ries to tell my grandkids."

going to deploy again with 1/3 to Iraq, I thought it was going to be very similar to my previous deployment," Mitchell said. "When I got here, I was thankful it wasn't like Fallujah and it took no time at all to transition from all-out war to the Iraq I'm currently in."

Throughout his current deployment Mitchell has proven himself to his fellow Marines and unit, and is currently filling the billet of a staff sergeant.

"Since we've been here and even during training back in Hawaii, Mitchell always stepped up and proved to be an extremely capable leader with a lot of potential," said Sgt. Berton D. Chambers, squad leader, 2d Squad, 1st Platoon, Bravo Co., TF 1/3.

"During training in (Pohakaloa Training Area), we didn't have a platoon sergeant, so Mitchell filled the role there and did a great job. I couldn't think of anyone better to fill the position."

Mitchell explained that filling the role as a platoon sergeant is a lot different than his previous billet as a squad leader.

"I now have to think about the big picture," Mitchell said. "It's hard not being as hands on and having to step back and be more of a supervisor."

Mitchell recently reenlisted and will be assigned to the Fleet Anti-Terrorism Security Team in Virginia once he returns from his current deployment.

"Going through as much as I have with him, we talk a lot and I sometimes wish I was going with him to Virginia to see him grow to be an even better Marine and leader," said Chambers, a native of Eagle Point Lakeview, Ore.

Mitchell said he now considers himself a careerist and plans on continuing his career for at least 20 years.

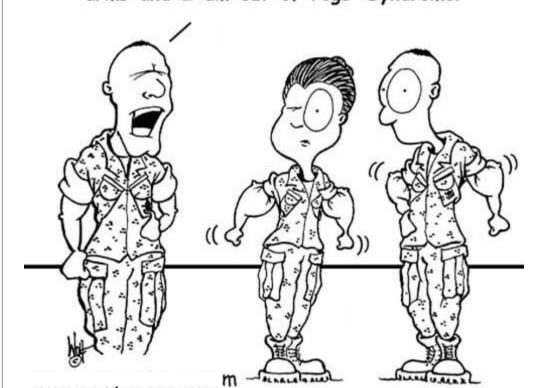
"At first, I just wanted to do this for four years and get out with some stories to tell my grandkids," Mitchell said. "I've got plenty of stories now, but I love the Marine Corps. So, I will continue my time and will add more stories to tell my grandkids."



Sgt. Michael I. Mitchell, platoon sergeant, 1st Platoon, Company B, Task Force 1st Battalion,3rd Marine Regiment, Regimental Combat Team 2, returned to Iraq with the battalion after completing two other deployments in support of OIF and OEF.



"Ahhhh, Yes..., It's that time of year when
Marines suffer from "I-Think-I-am-big-but-I-amnot-my-sleeves-are-so-tight-I-can't-feel-myarms-and-I-am-out-of-regs" Syndrome!



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AROUND THE CORPS

Chuck Norris visits service members at al Asad



Norris shakes hands after posing for a photo at a meet-and-greet at the al Asad Morale, Welfare, and Recreation Center.



Story and Photos by Cpl. Zachary Dyer

2nd Marine Aircraft Wing (FWD)

AL ASAD, Iraq — They say Chuck Norris doesn't sleep, he waits. They also say Chuck Norris' tears can cure cancer; it is just too bad he never cries.

Chuck Norris does not just support the military – he shows it by coming to Iraq to shake the hand of every service member he can.

The man, the myth, the legend, Chuck Norris, held a meet and greet with al Asad service members at the Morale, Welfare and Recreation Center, Sept. 15.

During the event, Norris shook hands and took pictures with hundreds of Marines, Sailors, soldiers and airmen. Norris also visited service members at al Asad's hospital. The stop was part of his tour of bases throughout the Middle East.

"We're going to about 15 bases over here, and getting a chance to meet with as many troops as we can," Norris said. "Last year, I shook hands and took pictures with about 18,000 troops, and hopefully I can surpass that this year."

Norris, a former service member, expressed his appreciation and support for the crowd for everything they are doing here.

"The thing is, I've always been involved in the military," Norris explained. "I'm ex-military myself. I just want the troops over here to know that, back in America, we are all supporting them. I mean you see support stickers on every car on the road. And our prayers and our thoughts are with all the troops that are over here."

Wearing Marine Corps digital utilities with "Honorary Marine" over the breast pocket, Norris shared a smile and words with everyone he met.

"I've played a Marine in a lot of movies," Norris said. "But then I was fortunate enough for Gen. Conway to make me an Honorary Marine. So now I'm official, I can say Semper Fi and all that. That's why I did so many military movies. I've done about eight movies that dealt with the military, and that's because it's something that is really close to me. The military turned my life around. When I went in right after high school, I had a lot of problems, and the military really helped straighten me out, and it does that for a lot of young people."

The service members in the crowd expressed their excitement to meet one of



Actor and martial arts star Chuck Norris speaks to al Asad service members during his meet and greet, Sept. 15. The event was one stop on Norris' tour of various bases in the Middle East to show his support for service members.

their childhood heroes as the sound of the audience chanting Norris' name could be heard outside the MWR building before the event.

"I love Chuck Norris, he's awesome," said Pfc. Kevin Flores, a traffic management clerk with Combat Logistics Battalion 4. "He's showing his support for the troops. He's got a lot of guts to be out here."

Lance Cpl. Nicole Corbett, an avionics technician with Marine Aviation Logistics Squadron 29, echoed Flores' feelings.

"Since it's his second time out here I think it's really cool," Corbett said. "I've seen his pictures from the last time he was here, but I didn't think I would ever get to meet him. So it is pretty cool that he's out here again and I get to meet him."

The martial arts hero said he was enjoying his time in Iraq and was having fun meeting with service members.

"The chow is my favorite part," Norris said jokingly. "Everything is great. I have a mission out here, and that is to meet as many troops as I can, and that's what I'm focused on. But the chow is good."